



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Chicken Burrito*

Recipe Summary:

Preparation/Cook Time: 30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: not given

Ingredients:

1 can of black beans, rinsed
1 can of hominy, rinsed
Jerk seasoning (to taste)
1 can of Swanson chicken
Salsa
Lettuce, chopped or shredded
Diced tomatoes
Shredded cheese (your choice)
Low or non-fat sour cream
Wraps (spinach or sun-dried tomato) or tortillas (whole wheat)

Directions:

Mix the black beans, hominy and jerk seasoning in a double boiler; heat. Mix the Swanson chicken and salsa in another double boiler; heat. Place a heaping spoonful of the bean mix and chicken/salsa mix on a wrap or tortilla. Sprinkle with shredded cheese, dab with sour cream, and add lettuce and tomato. Fold up or roll; add extra salsa on top if desired. If you want a meatless dish, substitute refried beans for the chicken.

* Original recipe

Nutritionist Notes:

- Depending on amounts of shredded cheese and sour cream used, recipe may be high in fat.
- May want to use low-fat shredded cheese and limit to $\frac{1}{4}$ to $\frac{1}{2}$ cup and use non-fat plain yogurt instead of sour cream instead.
- Depending on amount and type of jerk seasoning used and amount and type of salsa used, recipe may be high in sodium.
- May want to use fresh herbs and spices and use fresh salsa vs. canned/jarred.